

THROUGH THE GATE - WORKSHOP FEEDBACK

Since the Workshop in Newport Beach my attitude toward my life has changed. Whereas before the Workshop I was a steady drinker; I cannot remember the day when I did not take at least two drinks, and generally more. Also I had been a more or less regular marijuana smoker for some thirty years. And I had got into the habit of watching the tube on a regular basis. Now I have no interest at all in alcohol, marijuana or TV. It's not that I've put them down morally; it's just that I have no interest in them. Those close to me are dumbfounded. “

Les Smith
Mill valley, CA

Comment:

Most participants do report a change in physical habits after encountering Focus 10 and Focus 12, though few make such a clean sweep as Les Smith. From our observation, an interior source sets up priorities on the path to physical and mental health, a source that is triggered by the deep relaxation and the attention to interior direction.

John Biggs told us that at first in Focus 12 he received clear vocal answers.

“In a rather petulant way, I told my voice that since others were getting visual answers, I wanted some too. Very cooperatively but in a rather patronizing way, the voice said, 'Oh, you want a symbol? Okay, try this.' At which point a crate of oranges appeared. I puzzled about this for a few seconds, asking myself what a crate full of oranges meant. The thought came, 'full of fruit or fruitful.' I took it to indicate a future fruitful life. At that instant the oranges began to tumble from the crate. I felt apprehension as my symbolic life-fruits disappeared. However, almost immediately literally thousands of oranges appeared from some overhead nowhere and poured over my crate, many more that it could hold. The message was a very clear one of giving or spending what you have in order to make way for tremendous replenishment. This happens to be an exercise I am working on in my life at this time. It was a powerfully supportive image. As I digested all this with a feeling of considerable awe and joy, the voice came back with 'How do you like that image, baby?' I informed it/him/her quite humbly that I was very satisfied and appreciative.,”

John Biggs
Palo Alto CA

Comment:

John's experience reverses the usual pattern. More participants receive the visual symbols before the vocal. Many others learn the rudiments of this interior communication not through visual or vocal symbols but through a clear inner knowing. No matter how it comes, these interior sources often delight us and play with us—with a purpose.

'[In Focus 12, I] go through void and 'silence' then 'live' space. Get fuzzy answers, sluggish, slow. I struggle with weight. I challenge whoever, whatever is me or is here to answer, to show as much strength, beauty, color, as the waves on the beach or the Schubert melodies. No answer. I struggle, then surrender. Top of my head starts tingling; a 'not is formed there, then the sound merges with lightness and starts 'drilling' into the top of my skull. The top of my head blows off, light pours in(?), out(?). I am a hollow tube; all ;even chakras—I know where they are now!—are wildly [sic] pulsing at the same time, opening, exploding, the full feast. I stay there, re-issuing the challenge; the feast goes on. I will wait or 'it' to show a bit of itself. Meanwhile, I may have some real answers to my demand for mages, please. And I do get answers (ironic and gentle, just a bit on the fun, witty side) and challenge, and play and I don't lose. Five days later I feel different, physically, although it is rdt to remember how it was 'before.' But the sensation of being 'opened' is still here."

Marie-Francoise Guedon
Vancouver, B.C Canada

Comment:

As an ethnologist, Marie has studied Shamanism in Indian villages of northern Canada. She was not especially beholden to the chakra-Kundalini model of psychophysiology, nor are we. However, some of the "opening" experiences in the Gateway Program follow Marie's pattern.

These action-packed, mind-stretching, and rejuvenating ten days at the Feathered Pipe Workshop on 'Altered States of Consciousness Thru Sound,' rekindle my faith in the Creator of us all, in whom each precious moment we live, and move and have our being.

George W. Meek
Ft. Myers, Florida